

JOHNSON

Mrs. George Stratton passed Saturday in Burlington.

Nelson Hitchcock went to Springfield Monday on business.

Mrs. Jennie Koyce visited her sister in Wolcott last Thursday.

Miss Marjorie Johnstone visited with friends in Hyde Park over Sunday.

Mr. and Mrs. Wood of Milton were guests last week at O. B. Landon's.

W. F. Walter and family with their guests, Mr. and Mrs. James Normandeau, of Concord, N. H., were in Barre last week.

Geo. Balch of Lunenburg recently visited his wife and daughters at Mrs. Brewster's.

Tom Leland of Waterbury visited his sister, Miss Louise Leland, the first of the week.

Mrs. Lenna Woodward and daughter, Margaret, are home from St. Albans for a few days.

The missionary meeting will be held with Mrs. Seth Hill Thursday afternoon at 3 o'clock.

Mr. and Mrs. Charles Stevens of St. Albans are guests at C. P. Jones' and O. B. Landon's.

The ladies of the Oread Club will meet Friday afternoon from 2 to 5 o'clock to make aprons for the sale Nov. 12.

The new Trust Company is to be located on the first floor of the Parker block on the corner of Main and Pearl streets.

Miss Annie Crowley of Boston is in the employ of the American Mineral Co. and is at the head of the Puritas Co., a branch of the Boston Puritas business, which the American Mineral Co. are adding here.

Rev. F. W. Hazen returned on Friday from the Congregational Conference, which was held at Hartford, Conn., Oct. 19 to 20, and on Sunday morning gave a very interesting and comprehensive report of the doings.

Chas. Hayford has broken ground on the lot he recently purchased off the Fuller land and is to build a house to rent. The prospect is that a new street will be opened up between the Fuller and Pierce residences. The Pierce residence was formerly that of the late Wm. Doane.

Miss Flossie Demeritt's pupils at East Johnson gave her a Halloween surprise Thursday afternoon at the school room. Halloween pranks and games were enjoyed and refreshments of popcorn and apples were served. Miss Demeritt is one of our best teachers and greatly beloved by her pupils.

BACKACHE IS DISCOURAGING

But Not So Bad If You Know How to Reach the Cause

Nothing more discouraging than a constant backache. Lame when you awaken, pains pierce through you when you bend or lift. It's hard to work or to lift. Backache often indicates bad kidneys. Morrisville people recommended Doan's Kidney Pills. Read this case:—

B. W. Stewart, retired farmer, Morrisville, says:—"I am annoyed by my kidneys and back. I had to get up at night to pass the kidney secretions and they contained sediment. My back ached and was very lame. Doan's Kidney Pills, procured from Cheney's Drug Store, acted as represented and it did not take them long to relieve me."

Price 50c, at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mr. Stewart had. Foster-Milburn Co., Props., Buffalo, N. Y.

Ads. as Reputation Props

Let us build you an inch ad. in this paper; a column ad., a page ad., or any old size ad.

Let it tell in forceful terms: What you've got to sell What it's worth Why it's best at that price

Such an advertisement in this paper will bring buyers who hardly knew you existed before you advertised.

(Copyright, 1915, by W. S. G.)

LENTIL'S GREAT VALUE

VEGETABLE CONTAINS HIGH DEGREE OF NUTRITION.

Baked and Served With Nuts and Tomatoes, It is Probably at Its Best—Good Omelet for Lunch or Supper.

Lentils baked with a few chopped nuts and tomatoes make a dish with more value than meat. After a pint of lentils have been soaked, drain and cover them with fresh water and boil until the skins crack. Place them in a shallow baking pan, mixing them with a half pound of Brazil nuts which have been peeled and chopped fine, sprinkle over two teaspoonfuls of salt, cover with strained tomatoes and bake for two hours.

Lentil cutlets make an excellent dinner dish. Prepare a quart of lentils by washing and placing in a granite saucepan with a quart of cold water, a teaspoonful of lemon juice, two small onions, four whole cloves, three red peppers, a teaspoonful of salt and a bunch of herbs—including plenty of parsley. Cover and cook over a moderate fire until the water has been absorbed and the lentils are soft, but not pulpy. Take out the herbs, onions and cloves and mix with the lentils half a pound of fresh mushrooms previously cooked in their own liquor and slightly flavored with mace—set aside the liquor of the mushrooms for gravy. Add to lentil and mushroom mixture two tablespoonfuls of red currant jelly, a dessertspoonful of meat or vegetable extract, a little red pepper and some celery salt. Add unbeaten eggs; one or two at a time, until the mixture is well bound together. Then brush with egg, coat with brown breadcrumbs, after shaping into a cutlet, and fry in deep fat. With the cutlet serve a well-seasoned brown gravy, using the mushroom liquid as foundation, and adding at the last moment another small spoonful of currant jelly.

Lentil omelet is a splendid luncheon or supper dish. Wash three tablespoonfuls of lentils, then cook them in salted water. Melt a tablespoonful of butter in a saucepan, fry in it a peeled chopped shallot, add the drained lentils and fry a few minutes. Moistened with three tablespoonfuls of brown sauce, season with salt and pepper and keep hot. Break six eggs and beat them up well with two tablespoonfuls of cream, season and pour into an omelet pan containing some melted butter. When the omelet begins to set spread the lentils over it and fold over. A little tomato sauce may be poured around the base of the dish if desired.

Cheese baked with lentils makes a substantial and easily prepared dish. Prepare the lentils as for the cutlet before the mushrooms are added and sprinkle several layers of grated cheese into the baking dish between the layers of lentils. On the top put thick slices of ripe tomatoes or cover well with canned ones. Over them sprinkle finely chopped parsley and dot the whole with small pieces of butter. Bake quickly and serve hot with or without gravy.

In Germany one eats lentils this way: Wash two cupfuls of lentils, soak over night, drain and cover them and one onion with boiling water and cook until tender, but not broken. Melt two tablespoonfuls of butter in a frying pan, stir in two tablespoonfuls of flour and cook until brown; then add two onions, chopped fine, three tablespoonfuls of vinegar and two tablespoonfuls of the water the lentils were cooked in, stir until boiling, add the drained lentils with salt and pepper as needed and a grating of nutmeg. Turn into a double boiler and cook slowly for 15 minutes. Serve surrounded with cream.

A lazy liver leads to chronic dyspepsia and constipation—weakens the whole system. Doan's Regulax (25c per box) act mildly on the liver and bowels. At all drug stores.—Adv.

LOCAL MARKETS

Morrisville Produce and Provision Market, furnished and revised weekly exclusively for the NEWS AND CITIZEN by H. Waite & Son.

BUTTER	
Creamery Extra, tubs,	27
" " boxes,	28
" " prints,	28
Dairy Extra, prints,	27
" " boxes,	22 26
" " tubs,	22 26
Ordinary Small Dairies,	20 23
EGGS	
Strictly Fresh Eggs, wholesale,	35 40

LIVE POULTRY

Fowl and Chicken 9 to 11

MISCELLANEOUS

Pea Beans,	3 00
Yellow Eyes,	3 00 3 25
Oressed Pork,	8 00 9 00
" Beef,	7 00 9 00
Loose Hay,	12 00 14 00
Baled Hay,	13 00 16 00

WOMAN 81 YEARS OLD

Made Strong By Vinol

Greenville, S. C.—"I want others to know of the great benefit I have derived from Vinol. I am 81 years old and Vinol has given me strength, a healthy appetite and overcame nervousness. It is the best tonic reconstructive I ever used."—Mrs. M. A. HUTCHISON.

Vinol is a delicious cod liver and iron tonic without oil, guaranteed to overcome run down, weak, debilitated conditions and for chronic coughs and colds.

Arthur L. Cheney, Druggist, Morrisville, Vt.

A Message To Women

Those of Middle Age Especially.

When you have found no remedy for the horrors that oppress you during change of life, when through the long hours of the day it seems as though your back would break, when your head aches constantly, you are nervous, depressed and suffer from those dreadful bearing down pains, don't forget that Lydia E. Pinkham's Vegetable Compound is the safest and surest remedy, and has carried hundreds of women safely through this critical period.

Read what these three women say:

From Mrs. Hornung, Buffalo, N. Y.

BUFFALO, N. Y.—"I am writing to let you know how much your medicine has done for me. I failed terribly during the last winter and summer and every one remarked about my appearance. I suffered from a female trouble and always had pains in my back, no appetite and at times was very weak."

"I was visiting at a friend's house one day and she thought I needed Lydia E. Pinkham's Vegetable Compound. I took it and have gained eight pounds, have a good appetite and am feeling better every day. Everybody is asking me what I am doing and I recommend Lydia E. Pinkham's Vegetable Compound. You may publish this letter if you wish and I hope others who have the same complaint will see it and get health from your medicine as I did."—Mrs. A. HORNUNG, 91 Stanton St., Buffalo, N. Y.

Made Me Well and Strong.

MACEDON, N. Y.—"I was all run down and very thin in flesh, nervous, no appetite, could not sleep and was weak, and felt badly all the time. The doctors said I had poor blood and what I had was turning to water. I took different medicines which did not help me, but Lydia E. Pinkham's Vegetable Compound made me well and strong, and I am recommending it to my friends."—Mrs. FRED CHACE, Rt. No. 2, Macedon, N. Y.

The Change of Life.

BELTSVILLE, Md.—"By the use of Lydia E. Pinkham's Vegetable Compound I have successfully passed through a most trying time, the Change of Life. I suffered with a weakness, and had to stay in bed three days at a time. Lydia E. Pinkham's Vegetable Compound restored me to perfect health, and I am praising it for the benefit of other women who suffer as I did."—Mrs. W. S. DUVALL, Route No. 1, Beltsville, Md.

For 30 years Lydia E. Pinkham's Vegetable Compound has been the standard remedy for female ills. No one sick with woman's ailments does justice to herself if she does not try this famous medicine made from roots and herbs. It has restored so many suffering women to health.

Write to LYDIA E. PINKHAM MEDICINE CO. (CONFIDENTIAL) LYNN, MASS., for advice. Your letter will be opened, read and answered by a woman and held in strict confidence.



Plainly Unjust.

"Great racket this here art bizness!" exclaimed the maid in an angry voice. "Missus hez got a Venus in ther parlor with both arms broke off above ther elbows, an' then she comes out an' docks me a dollar fer chippin' jes one han'le off this slazy little old teacup."—Puck.

His Will.

"I dunno how come, sith," complained poor old Uncle Totter, whose eyesight is failing, "but 'pears like de Lawd am printin' Bibles in mighty small type, dese days!"—Kansas City Star.

Goat Getters.

What gets our goat in our spiritual life is that we constantly meet up with people who, when they can't find other people to stand for their misfortunes, charge the whole business up to the Lord.—Houston Post.

Virus and Venom.

The difference between venom and a virus is very marked. Both are poisons and both of organic origin, but a virus is produced in secreting organs, commonly called poison glands, and is introduced into the system by means especially adapted for the purpose, such as stings or fangs. On the other hand, a virus is the result of disease or putrefaction and generally possesses the property of exciting in the system into which it is introduced the disease which produced the virus. A virus commonly produces little if any local disturbance. A venom generally causes great pain, often severe inflammation and swelling. Venom has marked local effect. Virus causes a general disturbance of the system.

Business.

Madge—"Why don't you tell him frankly that you don't like him as well as you do Charlie?" Marjorie—"How can I, dear? I'm not just sure that Charlie will propose."—Judge.

OUR PUBLIC FORUM

VIII.—C. E. Schaff On Railway Investments



President Wilson, recently referring to our railroad problems, said in part: "They are indispensable to our whole economic life and railway securities are at the very heart of most investments, large and small, public and private, by individuals and by institutions. . . . There is no other interest so central to the business welfare of the country, as this. No doubt, in the light of the new day, with its new understandings, the problem of the railroads will also be met and dealt with in a spirit of candor and justice."

When the first citizen of the land stresses the importance of understanding and dealing justly with the railroads, certainly the American plowman can venture upon the railroad investments, large and small, who in many instances have put the modest savings of a lifetime into these securities in order that they might lay away a competency for old age. When, therefore, the value of these securities is depressed or perchance destroyed, then upon the handful of millionaires, good or bad, who have figured prominently in railroad circles.

Hundreds of millions of dollars of the assets of our great life and fire insurance companies, savings banks, trust companies, educational and fiduciary institutions are invested in railroad bonds—and the moment, therefore, that the soundness of these bonds is called into question the financial solidity of these myriad institutions—directly affecting the welfare of millions of policyholders and bank depositors—is gravely menaced. During the last several years, many millions of dollars representing depreciated values, have been charged off the books of concerns like those enumerated above. American railroads have become a vital part of the very woof and fabric of the nation. Their continued efficiency is absolutely essential to the smallest community in the land.

In blindly striking at the railroads our blows fall not merely upon thousands who have committed no wrong, but, in the last analysis, upon ourselves. We should remember how interdependent we have come to be in this mighty republic of ours—that each is in truth become more and more his brother's keeper, and that we need to act and think circumspectly, lest in our mistaken zeal we destroy those who, like ourselves, need whatever of this world's goods the toil and sweat of years has bequeathed to them."

FABLE CARRIES MORAL

LESSON LEARNED BY PATRON OF BARBER SHOP.

Sage Who Looked Betimes at the Mirror Had Reason to Congratulate Himself That the Experience Had, Been His.

Now it fell on a day that I entered the establishment of a tonsorial artist, which is, being interpreted, a barber shop, says a writer in the Advance. And I sat and waited till the barber, with a loud voice, cried: "Next!" and I seated myself in his chair. And he wielded over me divers deadly weapons, and therewith he cut my hair and trimmed my beard. And I sat and looked at myself in the mirror and I saw myself in a great bib and tucker, with patches of hair falling down the front of the same and reflecting itself in the glass. And what he was doing to me I saw as in a glass darkly, and what he was saying to me was many things on divers topics, for he was a man of fluent speech.

And after I had been shorn both as to head and beard he passed his hand over my head and said: "Thy scalp is not very clean. Thou hast need of a shampoo." And I consented, and he soaped my head and washed it, and rubbed it, and twisted it upon my neck until it was nigh unto breaking off. Then he passed his hand across my head and he said: "Thy hair across thy head grows thin. Let me rub into thy scalp some of my famous hair restorer. It will make hair grow upon the top of a cowhide trunk." But I said unto him: "I am not a cowhide trunk." And he said: "Thou wilt soon be as bald as one if thou apply not my famous hair restorer." And I asked: "Speakest thou as the friend of humanity or as a man who hath hair restorer for sale?" And he answered: "I speak as a friend of humanity, nevertheless, for the hair restorer and the rubbing in thereof thou shalt pay to me the fourth part of a dollar, in addition to what thou already owest me."

Now, it came to pass as he spake these words, I looked in the glass and behold, he stood behind me, with the bottle in his hand and with his left hand spread ready to rub it in, and I saw in the glass his eager face, and above it his own head. And he leaned forward as he spake, so that I saw in the glass the top of his head, and behold, it was bald. Then spake I unto him, and said: "Oh thou friend of humanity, who sellest hair restorer and thy soul for the fourth part of a dollar, keep thou thy medicine and use it upon thine own head, for I have ten times as much hair on the outside of my head as thou hast, and much more within it." And he was wroth, and he combed my hair with fury, and dug the bristles of the brush into my scalp, and added a dime to my bill. Nevertheless my heart rejoiced that I had spoken unto him as I did. Then said I to my soul: I will take heed to my ways, lest I become as he. For I go forth among men and ask them to buy of me wisdom and virtue and righteousness. So will I pray night and day unto the God of heaven that I may be able to recommend among men the truth which God hath revealed unto me, and that no man reproach me with the baldness of mine own soul. So shall I learn wisdom from the folly of the tonsorial artist.

New Aid for Cupid.

New York is full of lonesome girls who are just pining away because they have no male to tote them around. For this reason it has been proposed that an introduction bureau be established where young people may meet become acquainted and help increase the earnings of the marriage license bureau. But here's the proprietor of a beef-and-emporium who advises all lonely girls to become waitresses. He says the brown-the-hair girls have stenographers beaten to a frazzle in the pastime of grabbing off a meal ticket. In fact, he says more waitresses are marrying their bosses than those engaged in the gentle occupation of mauling a typewriter. "I don't know of an occupation where girls get married quicker," says the restaurant man. "I have had six girls in my employ marry in four months, and all married well. A waitress makes good tips and meets hundreds every week and men get a chance to study them more than in any other trade. A waitress has a chance to study men and can pick her company intelligently."—New York Times.

Horse's Hoof Finds \$3,000.

Missing his horse, which had been put out to pasture, Allen Moore, a lower Augusta township farmer, found that it had broken through the covering of an abandoned well and fallen 20 feet to the bottom.

Moore got help from surrounding farmhouses, climbed into the well and made a sling of leather about his body. A block and tackle was erected on a tripod of heavy timbers and twenty men hauled the animal to the top. When it was got out an old rusty bucket was found caught in one of its shoes. Moore found the bucket was sealed. Taking a hatchet, he cut the top and out rolled a stream of Spanish doubloons valued at \$3,000.—Sunbury (Pa.) dispatch Philadelphia Public Ledger.

Typhoid on the Decrease.

In California typhoid fever is decreasing as the outcome of a campaign that is being waged by the state board of health.

CANARIES LIKE PLAIN CAGE

Lover of Birds Has Found Out That They Prefer Their Abode to Be Simple.

Living near St. Nicholas avenue and One Hundred and Eleventh street there is a lady who during a period of six months purchased no less than three canary birds with the hope that they would solace her with their singing, only to find that after she had installed them one by one in the handsome cage she had prepared for them not only would they not sing but that they moped and pined and finally died. The canary bird lover did everything she knew to keep her pets and teach them to trill the melodies that such birds can utter, but it was of no use.

Finally a neighbor advised her to discard the handsome and expensive cage and buy a new one, plainer in make.

"What in the world difference will that make?" the canary bird lover asked. "A cage is a cage—what's the difference to the birds?"

"All the difference in the world," answered her adviser, "and for two good reasons. One is that a bird has died in it. The other is that a bird of modest disposition does not like an overhandsome cage."

"The best singing results have come from the inmates of plainer cages. I don't know whether or not canary birds are natural democrats but experience has been such as I tell you. Buy a plainer cage that has no canary bird ghost stalking through it to frighten the living bird."

So the canary bird lover discarded the big cage and bought a plainer one. She transferred the last bird she had bought, and which had already begun to mope, to its new quarters. Then she waited a day and still another day, but not a sound came forth, although the bird began to look up and chirp. She called in her advising friend and complained there was no result after the cage change. "Wait," said her friend, blowing upon a bird whistle.

The canary heard the notes, cocked his head and began to sing. Was it the new cage?—New York Press.

Activities of Women.

England has over twelve thousand female chocolate-factory workers. Women have been practicing law in Italy since 1833.

Lady Juliet Duff is the finest lady shot in England. Her best record is 38 brace of grouse in one day.

Mrs. Agnes Maher is proprietor, general manager and chauffeur of Washington's first woman's jitney line.

Jules Bois, the French poet, philosopher, dramatist and feminist, says that it is impossible for American women to love.

Nearly ninety thousand women are employed by the telephone systems in the United States, while women telegraph operators number over eight thousand.

English women are now wearing badges made of metal and enameled in colors with the design of the union jack, which are called "Proud of Him" badges. They are inscribed with "Husband With the Colors," "Son With the Colors," "Brother With the Colors," or "Father With the Colors."

Couldn't Find Massachusetts.

"Scotland yard will get you if you don't watch out!" is a truism, and one of the last Americans to realize it is an attaché of the American embassy at Berlin.

This young man arrived in London a short time ago and registered at the Ritz hotel as from the Kaiser's capital. Within a few minutes a Scotland yard man was shadowing him and next morning early appeared at the American embassy to inquire into the diplomatist's antecedents.

Although he was assured that the visitor was all right, the detective was not satisfied.

"Of course," he said, "if you gentlemen declare he is all right, I've got to accept your statement. But I know there's something wrong."

"Why, when he signed his registration slip at the hotel he wrote that his destination was Massachusetts. Now, last night at the yard, we went all over the map of the world, and there's no such country as Massachusetts. How do you explain that governmentors?"

Good Listener Paid.

A French soldier fighting in the Argonne has just been informed that he has inherited \$40,000 from a retired army officer of eccentric habits who lived in the same village as the soldier.

The officer's will ran: "Being without family, I leave the whole of my fortune to Paul —, farmer. I desire thus to show my gratitude to him for having for many years listened patiently and with every air of interest to the story I used to tell of how I lost my right arm in the war of 1870."

"I pray and trust that he will be spared to return to his village after the war, and my only request to him is to come occasionally to my tomb and there relate some of his own war experiences."

Telephone in Latin America.

According to statistics published by the Pan-American union, there were on January 1, 1914, 232,816 telephones in Latin America, as compared with 9,542,000 in the United States. Argentina stood first among the Latin American countries, with 74,296, but Uruguay led in the proportion of telephones to population, with 1.05 per 100.—Scientific American.